

# THE TIME To Use CERES Is ALL THE TIME,

Because you always need healthful bread—the kind that CERES FLOUR makes.

Its absolute purity and fine breadmaking qualities make it a necessity when the best food is wanted.

Good bread and pastry makes the children healthy and strong, bright eyed and with the color of health in their cheeks.

Ask for CERES and be sure to get it, and you can depend on it that having the quality flour you'll have quality food.

Wm. M. Galt & Co.,  
Wholesalers, 1st and Ind. Ave.

## "Show me the picture of the Battle Creek Sanitarium on the package—then I know it is the genuine GRANOLA"



All grocers sell it. Beware of imitations. Battle Creek Granola is made of whole wheat and sleep well. Send for Granola sample to BATTLE CREEK SANITARIUM FOOD CO., Battle Creek, Mich.

ENCOMPASS YOUR HEALTH WITH

## WESSON VEGETABLE OIL



A Delicious Frying Fat.

Carries with it no possibility of disease as do animal fats. It is superior to choice (melted) butter and lard, because it is richer, more digestible, goes further and costs less. Sold by all grocers. Send 4 cents for new cook book.

WESSON PROCESS COMPANY,  
120 South Third Street, Philadelphia.

You can buy as good

a cocoa as Miller's, but

it will cost you double

the price. Miller's Co-

coa equals the finest

imported and is half

the cost.

GEORGE MILLER & SON CO., Philadelphia.

Magazine Making.

From Puck.

"Yes, their magazine proved a failure. Tell flat, in fact."

"Is it possible?"

"Yes; they had a scant \$18,000,000 worth of advertising in the first issue. Little more than enough to pay for the nonsense verses by Rippling, to say nothing of the other features."

The most concentrated form of beef science knows

COMPANY'S EXTRACT OF Beef

Signed J. J. J. in blue

Gold Medal, Paris, 1900

## BAKER'S BREAKFAST CEREAL



"KNOWN THE WORLD OVER."

Has received the highest endorsement from the medical profession, the nurse, and the intelligent housekeeper and caterer.

WALTER BAKER & CO., Limited

Established 1780

DORCHESTER, MASS.



With the wholesome rhubarb now at its best, the housekeeper who is on the lookout for seasonable and appetizing changes in the family bill of fare will see to it that it appears on the table frequently, but in varying gulches, that it may not pall. The following methods of preparation are all excellent.

For immediate use, rhubarb baked in the oven is better than stewed. Wash the stalks well, but do not peel. Cut up about an inch longer, allowing a full cup of sugar to each pint of fruit. Put in a baking dish, in layers, add a very small quantity of water (not more than a quarter of a cup), cover closely, and bake until the rhubarb is tender. Do not stir. Cooked in this way, each piece will be separate and whole, and in a clear syrup.

Rhubarb fool—Put a quart of baked pie-plant through a pure strainer and add the juice of a half lemon. Whip to a stiff froth a half cupful of rich cream, sweetened. When ready to serve, mix the strained pie-plant with the cream and pour in glasses. Serve with slices of sponge cake.

It is claimed by competent cooks that rhubarb, tightly canned without cooking, steaming or sweetening, will keep for years and be just like fresh when opened. Put the rhubarb in small pieces and pack lightly in glass jars. Put on the rubbers, and immerse the jars in a vessel of cold water. Cover the jars with a clean cloth and on the lid, still holding under water. Screw as tightly as possible, and when you take the cans out, tighten still more. The jars should be absolutely airtight or the fruit will not keep.

Rhubarb canned with equal quantities of pineapple and cranberries is recommended as a delicious combination.

Rhubarb stewed with raisins is also a pleasant change.

Rhubarb pie—Line deep pie plates with a good crust, then put in two pieces of pie-plant, unpeeled, but cut in fine pieces. Pour over the pie-plant one and one-half cupfuls of granulated sugar, add a little melted butter, a beaten egg, a few seeds of raisins and a sprinkling of flour. Cover with a pie crust, press tightly around the edge of the plate so that the juice may not escape, and bake about three-quarters of an hour in a rather slow oven.

Before maple sugar goes into hiding for another year, try these recipes gathered from the habitat of the "sugarbush" in Vermont and New York.

Maple cream candy—Put into a granite kettle three cupfuls of maple sugar and one cup of cream. Stir until the sugar is melted and the cream is well mixed. Then it hardens dropped into cold water. Take at once from the fire and beat with a silver fork until the consistency of thick cream. Pour into buttered tins and when cool cut into squares.

Sure a la creme—Boil together a pound of maple sugar and a half cupful of rich cream, until the syrup forms a soft ball when rolled in a saucer with a spoon. Cover the bottom of a small buttered tin with a layer of chopped buttered meats and pour over them the candy. Let it harden a little and mark into squares with a knife. This is a delicious treat.

French-Canadian peasants, who also use the boiled cream and sugar for icing a delicate white cake.

An excellent frying cake is made by using this sure a la creme with the butternuts for the filling, then frosting the top layer with the cream without the nuts.

A delicious pudding sauce is made by mixing maple sugar in cream or even rich milk.

An old-fashioned preserve, still a favorite among the Catskill mountaineers, is made of maple sugar and plums. Melt the sugar in a little water and cook with the plums, allowing about a pound of sugar to each quart of fruit. This gives a tart sweetness especially delightful to the palate.

In the maple sugar regions delicious little baking powder biscuits or rolls are made of this saccharine delicacy. To make the rolls take a quart of bread dough after it has risen and cut it into small pieces, knead into it one cupful of maple sugar and a teaspoonful of baking powder. Roll into a ball and bake in a moderate oven for fifteen or twenty minutes and bake in a quick oven.

In making maple sugar biscuits prepare an exceptionally rich, tender baking powder. Roll out about half the thickness of ordinary biscuits and shape with a small cutter not much larger than a silver dollar. The top to a small baking powder cake is cut in a cross and the sides are cut in a cross. As each biscuit is cut, dip it in maple sugar, sprinkle small bits of the maple sugar over one-half of the biscuit over the first. Lay close together in a pan in which they are baked, so they will melt together. Brush over with milk or melted butter and bake in a quick oven until they are brown, but not hard. Serve as soon as done, with saucers of warm melted syrup.

Eggs a la Duchesse.

Put seven eggs in a pan of cold water on the fire and let them boil at least fifteen minutes. When they are cold, cut six of them in two lengthwise.

Melt one ounce of butter in a saucepan. Slice one small onion and fry it in the butter for a few minutes, taking care it does not get brown. Then take out the onion. Mix smoothly together three-quarters of an ounce of flour and a little milk; then add what is left of half a pint of milk, after mixing some with the flour, to the butter. Cook slowly over the fire for about ten minutes. Then season to taste with salt and white pepper. Next put the halves of eggs into the sauce and let them get hot through.

Arrange the eggs carefully on a hot dish and pour the sauce over. Rub the yolk of each egg with a sieve and sprinkle it over the dish and garnish with neat little croutons of fried and chopped parsley. Serve very hot.

A Great Head.

Playwright—"I've got a great scheme for the elevation of the stage."

Critic—"What is it?"

Playwright—"I'm going to novelize 'Hamlet' and then sell the dramatic rights to the theatrical trust."

"Did you get your promotion?" asked a friend of a middle-aged officer in the navy.

"No," was the answer, given in a tone of disgust. "What was the trouble? I'm sure you could pass the examination." That's just where I missed it. Barely got through with the two-step, but flunked completely in the walls.—Judge.

## Table and Kitchen.

Practical Suggestions About What to Eat and How to Prepare Food.

The experienced housewife whose small income obliges her to practice economy while her position as a mother and a hospitable inclination, require her to entertain to a greater or less extent, finds it a rather difficult feat to reconcile two such apparently adverse conditions without a considerable expenditure of money; and she is very glad to know that under proper management all needless expense can be avoided.

Remember that with all people of refinement and good taste it is the dainty novelty and the finer effects of harmonious seasoning and serving that is most appreciated, and will tend most to the success of your entertainments, and not the evidence of expensive luxuries and gross overabundance.

Suggestions for Spring.

The advent of spring and warmer weather suggests to the mind something quite opposite to the rich, heavy viands that have been agreeable during the winter, and the housekeeper gladly accepts suggestions that will enable her to lunch or dine her guests in a charming manner at a moderate cost and without too great an expenditure of time.

Bouchees of Sardines.

Bone two or three sardines and pound them to a paste, using a mortar if you have one; season with salt, pepper, a small quantity of grated cheese and a little chive vinegar. Chop the soft part of a few oysters very fine and add to the mixture. Cut small round and diamond-shaped cases from stale, close-grained bread, and fill with beaten egg and fry in deep fat; fill these cases with above mixture and garnish with a slice of hard-boiled egg, rubbed through a sieve and a stuffed olive placed in the center. The bread cases must not be more than an inch and a half or two inches in diameter.

Cheese Canapés.

Cut bread into slices not more than a quarter of an inch thick; trim off the crusts and cut into strips an inch wide and three inches long. Fry these a very light brown in a little oil; sprinkle a little grated cheese over each slice while hot, season with salt and paprika, stand in a hot oven a few minutes to brown the cheese. Garnish with a slice of finely minced parsley, dusted over center, or a small shred of anchovy.

Cheese Custards.

Beat two eggs until very light and put into a saucepan with four level tablespoonfuls of Parmesan cheese; cook slowly, stirring constantly until thick. Cut slices of bread into rounds with a large biscuit cutter and fry them in deep fat. Dip into deep hot oil. Spread first on one side a layer of anchovy or sardine paste; then a layer of the cheese custard, and garnish with an olive in center of each.

Shad Roe Croquettes.

For twelve people, take two large shad roes and cook in salted water for fifteen minutes, adding a few drops of vinegar to the water. Drain and mash the roes, rather fine; add two cupfuls of cream, one cup of egg, beaten, salt and pepper to taste and enough melted butter or cream to make the mixture moist enough to form into small balls. Dip into beaten egg and dry bread crumbs and fry in hot fat. Serve with cucumber or egg sauce.

Deviled Crabs.

To a pint of crab meat take a cupful of cream or rich milk, four level tablespoonfuls of butter, two level tablespoonfuls of flour, a good-sized boiled onion, two raw eggs and seasoning of salt, cayenne and grated nutmeg. Rub the butter and flour together and add to the cream and milk; stir constantly until it bubbles, then do not let it brown. Then add the cream, the onion rubbed through a sieve, seasonings, crab meat and the beaten raw eggs. Cook until quite thick, then turn out on a platter. When perfectly cold fill crab shells with the mixture, brush the top with beaten egg and bake in a moderate oven and fry in deep hot fat a few minutes. Above quantity will fill eight or ten shells.

Sweetbread Cutlets.

Blanch one pair of sweetbreads and when cold pick them apart, rejecting all skin and veins. Chop them rather fine; add two tablespoonfuls of blanched and chopped almonds, half a cup of French peas; season with salt, pepper, nutmeg, and a little lemon juice. Rub four tablespoonfuls of butter and two of cream in a saucepan without browning; then add one cup of rich milk, half a teaspoonful of salt and a dash of cayenne. Cook and cook the sauce until rather thick; mix with the sweetbread mixture; turn out on a platter, and when thoroughly chilled form into small cutlets, dip into beaten egg, coat with bread crumbs and fry in deep fat. Serve with mushroom sauce. This quantity will make enough for eight or ten persons.

Spring Salad.

Firm small pieces of crisp, delicate lettuce leaves. Cut hard-boiled eggs into halves crosswise, remove the yolks and trim the whites to represent the petals of a water lily. Arrange these inside the salad nests or cups. Mix a little grated cheese with sufficient mayonnaise to fill the nests and cover with a dash of oil. Cover the salad with a layer of hard-boiled yolks pressed through a sieve and seasoned with salt and paprika. Serve quickly.

Strawberry Ice Cups.

Take a dozen flat champagne glasses, sherbet cups or any small round glass with rubber wide top. Fill these with strawberry syrup and pack well with salt and sugar. Cover the top with a golden colored blanket and let stand about twenty minutes, until the syrup has frozen all around the glass to the depth of quarter of an inch, not more; then pour out the unfrozen syrup and repeat the process, and let them stand a few minutes longer until the top of the syrup is quite hard. Then turn out the ice cups very carefully and fill them with nut ice cream. Serve quickly.

Fruit Cake.

To make a large cake or several smaller ones take one pound of flour, one pound of brown sugar, fourteen ounces of butter, ten eggs, three pounds of raisins, three pounds of currants, one pound of citron, half a pound of lemon and orange peel, a gill of wine, a gill of brandy and a gill of milk, one tablespoonful ground cinnamon, one level teaspoonful of cloves and nutmeg, all of fold in the whites of the eggs beaten to a stiff froth. Bake in a loaf tin in a moderate oven from forty-five minutes to one hour.

Walnut Cake.

Cream two-thirds of a cup of butter with one cup of sugar. Separate three eggs; beat the yolks until creamy and add to butter and sugar; then add one cup of milk alternating with three cups of flour (reserve enough of the flour for the nuts), add two teaspoonfuls of baking powder, and a dash of nutmeg, and mix thoroughly. Fold in the whites of the eggs beaten to a stiff froth. Bake in a loaf tin in a moderate oven from forty-five minutes to one hour.

Prune Whip.

Stew three-fourths of a pound of prunes until tender; remove the pits and sweeten the prunes to taste; press through a sieve and when perfectly cold add the whites of

three eggs beaten to a stiff froth; stir in lightly until well mixed; turn into a buttered pudding dish or tempered glass dish and bake in a moderately quick oven for twenty minutes. Serve cold covered with whipped cream.

Rebecca Pudding.

Put two cups of milk on to scald. Mix quarter of a cup of cornstarch with a pinch of salt and two tablespoonfuls of sugar; moisten with a little cold milk; pour the scalded milk over the cornstarch and sugar, stirring constantly until it thickens. Stir and cook over hot water for fifteen minutes. Add a teaspoonful of vanilla and the whites of three eggs beaten to a stiff froth. Turn into a glass dish and serve with orange sauce.

Chocolate Vienna Style.

Cut four ounces of vanilla chocolate into small pieces. Put a quart of milk on to scald in a double boiler; put the chocolate in a saucepan with three tablespoonfuls of hot water and one tablespoonful of sugar and stir over the fire until smooth and glossy. Stir this mixture into the milk and whisk over hot water for five minutes. Serve at once with a tablespoonful of whipped cream in each cup, pouring the hot chocolate over the cream. If the plain, unsweetened chocolate is used, add a three or four tablespoonfuls of sugar and a teaspoonful of vanilla extract.

Menus for Every Day.

SUNDAY.  
BREAKFAST.  
Fruit.  
Shad Roe, Cream Sauce,  
Duchess Potatoes,  
Entire Wheat Muffins, Coffee.

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